

Facial Guasha
November 26th 2023
Collège de Rosemont

Discover the intricate techniques and origin of Facial Gua Sha with renowned Cosmetic Acupuncturist, Amrit Singh R.Ac, based in Toronto, ON. Originating from ancient Chinese Medicine, this trending facial practice offers remarkable sculpting, toning, and skin-rejuvenating benefits to make your skin glow.

Amrit Singh R.Ac, a Registered Acupuncturist, has been sharing her expertise in Facial Gua Sha for half a decade, conducting sold out classes across Toronto, Miami, New York, and LA—both online and in-person. This skill, seamlessly blends with cosmetic acupuncture and has been the top-trending self-care routines consistently for years because it works! Come register in this hands-on class below

WORKSHOP:

Are all your facial tools piling up? Don't know if you're using them properly?

Join Cosmetic Acupuncturist, Amrit Singh R.Ac, for a two hour class where you will learn all about skin care, facial anatomy, what Facial Gua Sha does and most importantly how to do it correctly and efficiently at home! You will learn all the industry tips and tricks to perfect your technique for optimal results with supervision by a serious seasoned professional. ✨

Gua Sha (pronounced GWA-sha) is a Traditional Chinese Medicine technique that involves using a small hand-held tool to apply pressure to the skin using gentle strokes to stimulate blood flow and Qi (energy) to help contour and shape the face. It reduces fine lines and wrinkles, releases fascia, increases circulation and lymphatic drainage, reduce puffiness, and releases neck, jaw and forehead tension. When combined with Facial Rolling, these tools can help reduce signs of aging and let your inner glow shine through - it's like a workout for your face!

In this two-hour workshop you will learn:

- a full Facial Gua Sha routine step-by-step and face rolling
- knowledge of when is best to use each one and more
- how to care, store, clean your tools
- supervised practice to correct your technique so you have the best results!
- tips and tricks from Amrit Singh R.Ac with over 10 years of experience as a Cosmetic Acupuncturist
- handouts for you to take home

INSTRUCTOR:

Amrit Singh is the Founder of 6BabeBeauty, a movement to promote natural skin care techniques and facial acupuncture in Toronto, Canada. She has been featured on national television, many media outlets & podcasts and is also the recent Notable Award winner for 'Healthcare Professional of the Year'. She has over 10 years of clinical experience with over 13,000 treatments completed.

She has been practicing Facial Acupuncture for over a decade and has taught numerous workshops for aspiring acupuncturists on Cosmetic Acupuncture. Amrit's training and experience includes: Mei Zen Cosmetic Acupuncture System, AcuReGen Cosmetic Facial Acupuncture & Medical Microneedling Program (London, UK & Los Angeles, CA), a Microdermabrasion & Skin Care Certificate, internship with a Facial Acupuncturist in Tokyo, Japan.

For further information, please contact Amrit Singh R.Ac at hello@6babebeauty.com, www.6babebeauty.com